



# Harvest of the Month<sup>®</sup>

Network for a Healthy California



2009—2010

## 5<sup>th</sup> Grade Workbook



Name \_\_\_\_\_



# Introduction

*Harvest of the Month* is a program that your class will participate in this year. Through this program, you will try fruits and vegetables that you may have never tasted before. All of these fruits and vegetables are grown in California and will be in season, which is when they are more affordable and most fresh.



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# The Key to a Healthy Life is in Your Hands

You do not need to carry measuring cups with you to eat your recommended amount of fruits and vegetables. In general, children your age should eat 2½ cups of vegetables and 1½ cups of fruit every day.

**½ cup of fruit**



**½ cup of vegetables**



**1 cup of fruit**

**1 cup of raw leafy greens**



**½ cup of vegetables**





**½ cup of vegetables**



**¼ cup of dried fruit**





Fruit or Vegetable	I like it	I am not sure if I like it	I did not like it	I will try this again	Why it is good for me
<b>Apple</b> 					
<b>Roots &amp; tubers</b> 					
<b>Cooked greens</b> 					
<b>Beans</b> 					
<b>Grapefruit</b> 					
<b>Beets</b> 					
<b>Peppers</b> 					
<b>Cucumber</b> 					
<b>Berries</b> 					
<b>Corn</b> 					

# The **September** Harvest of the Month featured fruit is **apples**



- Apples are a good source of fiber and vitamin C.
- Apples are a source of potassium, which helps maintain a healthy heart.
- Apples are best when eaten with the peel, that is where most of the fiber is found.

## THE NUTRITION FACTS LABEL

The percent (%) Daily Value on a food label tells you how the food can help meet daily nutrient goals. The % Daily Value shows whether the food is a high, good, or low source of a nutrient. All through this workbook, we will talk about fruits and vegetables and what nutrients they are high in or a good source of.

For example, we can say that one medium apple is a good source of fiber because the % Daily Value for fiber is 15%.

### Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 2
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%



**5% or less = Low Source**  
**10-19% = Good Source**  
**20% or more = High Source**

One medium apple is 12% of the Daily Value for vitamin C. Is one medium apple a low, good, or high source of vitamin C? \_\_\_\_\_

**List three adjectives to describe the way apples taste, look, or smell. You can use the list of adjectives on page 27 to help you.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



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# Read It Before You Eat It

The Nutrition Facts labels are the best way to know more about the food you are going to eat.

How many servings are you eating?

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250    Calories from Fat 110			
% Daily Value*			
Total Fat	12g		18%
Saturated Fat	3g		15%
Cholesterol	30mg		10%
Sodium	470mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	20%	•	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Get What You Need!

Get LESS  
5% or less is low  
20% or more is high

Get ENOUGH  
5% or less is low  
20% or more is high

Source: Team Nutrition

This nutrition facts label is for macaroni and cheese.

- What would be considered a high % Daily Value? \_\_\_\_\_%
- Are there any nutrients on this food label that are a high source? What are they?  
a) \_\_\_\_\_ b) \_\_\_\_\_
- Of those two nutrients in question 2, which nutrient should you get enough of?  
\_\_\_\_\_



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# The **October** Harvest of the Month featured vegetable is **roots & tubers**



- Root vegetables are the roots of plants that are eaten as vegetables. Roots include carrots, sweet potatoes, turnips, jicama, rutabaga, and beets.
- Tubers are different from roots because they are big underground stems. Tubers store energy for the plant. Tubers include potatoes and yams.
- The Irish were among the first Europeans to recognize potatoes as a valuable source of nutrition.



List three adjectives that describe the way roots and tubers taste, look, or feel. You can use the list of adjectives on page 27 to help you.

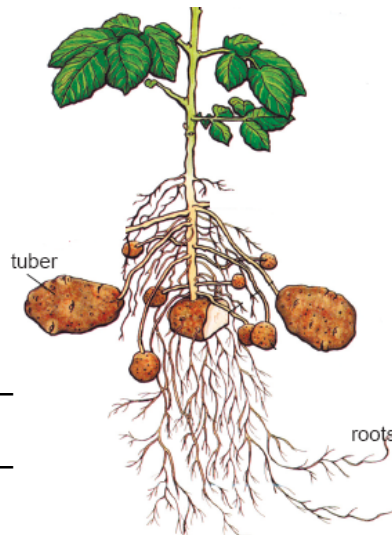
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What is your favorite tuber?

\_\_\_\_\_

What is a healthy way to prepare your favorite tuber?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



rutabaga



turnip

jicama



## Nutrition Facts

Serving Size: ½ small russet potato, baked with skin (69g)	
Calories 67	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Calcium 4%
Vitamin C 27%	Iron 3%

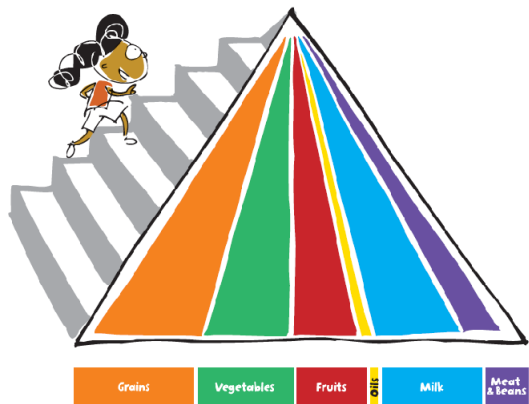
What is your favorite root vegetable?

\_\_\_\_\_

What is a healthy way to prepare your favorite root vegetable?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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# MyPyramid.gov

There are five colors that represent the food groups: orange, green, red, blue, and purple. Yellow represents oils, but it is not a food group. Remember to eat foods from each food group every day.

FOOD GROUP	DAILY GOAL
<b>GRAINS</b>	<b>6 ounce equivalents</b> (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, ½ cup cooked rice, cooked pasta, or cooked cereal)
<b>VEGETABLES</b>	<b>2½ cups</b> (1 cup = 3 spears of broccoli, 2 cups of raw leafy greens, 1 large pepper, 1 medium potato. ½ cup = 6 baby carrots, 1 small ear of corn, 1 small tomato)
<b>FRUIT</b>	<b>1½ cups</b> (1 cup = 1 large banana, 1 small apple, 1 small orange, 1 cup of 100% fruit juice, ½ cup of dried fruit)
<b>MILK (DAIRY)</b>	<b>3 cups</b> (1 cup milk = 1 cup yogurt or 1½ ounces of cheese)
<b>MEATS &amp; BEANS</b>	<b>5 ounce equivalents</b> (1 ounce equivalent = 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts, ¼ cup dry beans)

Now that you learned the daily amount you should eat from each food group, plan a meal using food from each food group and write down the amount. Use the list of foods on page 25 to help you.

FOOD	FOOD GROUP	AMOUNT



# The **November** *Harvest of the Month* featured vegetable is **cooked greens**



collard greens

- Cooked greens include bok choy, collards, kale, and Swiss chard.
- A  $\frac{1}{2}$  cup of cooked greens are a high source of vitamin A, vitamin C, and vitamin K.
- A Southern tradition in the United States is to eat collard greens on New Year's Day to guarantee wealth in the coming year because their leaves look like folded money.

List three adjectives that describe the way cooked greens taste, feel, or look. You can use the list of adjectives on page 27 to help you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## NUTRITION FACTS

A  $\frac{1}{2}$  cup of cooked greens are a high source of vitamin\_\_\_\_, vitamin\_\_\_\_, and vitamin\_\_\_\_\_.

Use the glossary of nutrients on page 28 to define vitamin K.

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kale



bok choy



Swiss chard



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Nutrition Facts	
Serving Size: $\frac{1}{2}$ cup cooked collard greens (95g)	
Calories 25	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Sugars 0g	
Protein 2g	
Vitamin A 154%	Calcium 13%
Vitamin C 29%	Iron 6%

# Health Benefits of Physical Activity

Physical activity can bring you many health benefits. It is good to enjoy doing physical activity every day because it:

- Lowers stress and helps you relax.
- Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer.
- Helps build and keep healthy bones, muscles, and joints.

SOURCE: *Network for a Healthy California*

Give other reasons why you should be physically active every day.



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## SETTING HEALTHY GOALS

When we want to make a positive change in our lives, it helps to set goals. You can set goals to be more physically active or eat better. In this activity, choose a goal that is for physical activity and be specific about what your goal is.

1. My goal is to \_\_\_\_\_

2. To achieve this goal, I need to take the following steps:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

3. I will achieve my goal by (a date) \_\_\_\_\_



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# The **December** Harvest of the Month featured vegetable is **beans**



- A  $\frac{1}{2}$  cup of most beans are a high source of fiber.
- Garbanzo beans are called chickpeas because each bean has a small beak that looks like a chick's beak.
- Beans were found in Egyptian pyramids that were built more than 4,000 years ago.

Garbanzo bean



List three adjectives to describe the way beans taste, smell, or feel. You can use the list of adjectives on page 27 to help you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## Nutrition Facts

Serving Size: $\frac{1}{2}$ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

## NUTRITION FACTS

A  $\frac{1}{2}$  cup of garbanzo beans have \_\_\_\_\_ grams of fiber.

Use the glossary of nutrients on page 28 to write the definition of fiber.

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# Keeping F.I.T.T.

The FITT formula, which stands for **Frequency, Intensity, Type, and Time**, can help you be more physically active. You can achieve greater health benefits and enjoyment by increasing the frequency, intensity, or time of your physical activities.

## F STANDS FOR FREQUENCY



Frequency is how often you do physical activity to help your body be healthy. It is best to be physically active every day. If you are not physically active every day, do simple and fun activities, like walking, bicycling, and dancing.



List two times during the day that you can add physical activity.

1) \_\_\_\_\_ 2) \_\_\_\_\_

## I STANDS FOR INTENSITY

Intensity is related to how hard you breathe, how fast your heart beats, and how warm your body feels when doing physical activity. As you do more physical activity every day, you can slowly increase your intensity by walking more quickly and pumping your arms, bicycling up hills, and dancing at a fast pace with family and friends.

## T STANDS FOR TYPE

Type is related to the type of physical activity you do. It is important to do different activities you enjoy, like walking fast, bicycling, dancing, playing soccer, and swimming, to help you get the recommend level of physical activity. Look on page 26 for different types of physical activities.



Which two activities will you do more frequently?

1) \_\_\_\_\_ 2) \_\_\_\_\_

## T STANDS FOR TIME



Time is related to how long you spend doing physical activity. It is important to do fun, moderate-intensity physical activity like walking fast, bicycling, and dancing for at least 60 minutes every day. This can be done all at once or 10 to 15 minutes at a time.

Make a goal of the length of time you will spend doing these activities.

1) \_\_\_\_\_ 2) \_\_\_\_\_



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SOURCE: *Network for a Healthy California*





# The **January** Harvest of the Month featured fruit is **grapefruit**



- A ½ of a medium grapefruit is a high source of vitamin C.
- Grapefruit is a source of magnesium.
- Grapefruit was named by a Jamaican farmer who saw the way it grows in groups – like grapes – on the tree. Grapefruit has grown in groups with as many as 25 fruits.

List three adjectives to describe the way grapefruit taste, look, or smell.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Nutrition Facts

Serving Size: ½ medium grapefruit (123g)	
Calories 46	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%



## NUTRITION FACTS

A ½ of a medium grapefruit is a high source of vitamin \_\_\_\_\_.

What is the % Daily Value for vitamin C in ½ of a medium grapefruit? \_\_\_\_\_.

Use the glossary of nutrients on page 28 to define vitamin C.

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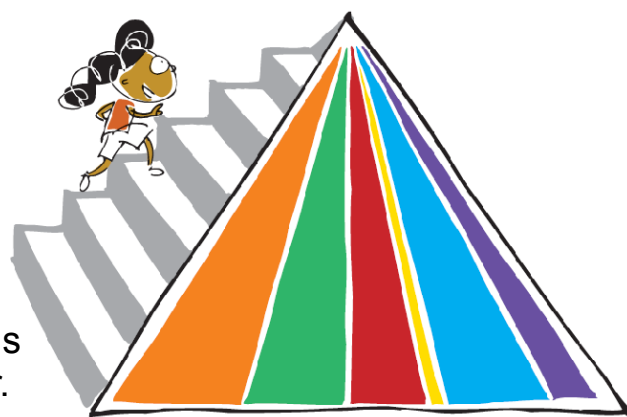


# How to Choose Healthier Foods

Why are the colored stripes wider at the bottom of the pyramid? Every food group has foods that you should eat more often than others; these foods are at the bottom of the pyramid. Look at page 25 for a list of foods that are at bottom of the pyramid.

The foods at the bottom of MyPyramid provide vitamins and minerals without a lot of added fat or added sugar.

Foods with higher amounts of solid fat and added sugar are in the narrower top area of MyPyramid. Occasionally everyone can enjoy these foods. But eating too many of the foods from the top of MyPyramid could lead to weight gain.



**Write a check next to the food that is a healthier choice. Explain why you chose that food.**

Food Groups	Wider Area	Narrower Area
<b>Grains</b>	<input type="checkbox"/> Whole-wheat bread	<input type="checkbox"/> Doughnut
Why?		
<b>Vegetables</b>	<input type="checkbox"/> Baked sweet potato	<input type="checkbox"/> French fries
Why?		
<b>Fruits</b>	<input type="checkbox"/> Peach	<input type="checkbox"/> Peach pie
Why?		
<b>Milk</b>	<input type="checkbox"/> Lowfat frozen yogurt	<input type="checkbox"/> Ice cream
Why?		
<b>Meat &amp; Beans</b>	<input type="checkbox"/> Baked fish	<input type="checkbox"/> Fried fish
Why?		

# The **February** Harvest of the Month featured vegetable is **beets**



- Beets are a root vegetable that grow underground.
- The green leaves of beets have been eaten before written history. The leaves are a source of calcium and iron.
- Beet juice and beet powder are used as a natural food coloring and to dye make-up and clothes.

List three adjectives to describe the way beets taste, feel, or look.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Nutrition Facts

Serving Size: ½ cup cooked beets, sliced (85g)

Calories 37      Calories from Fat 1

% Daily Value

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 65mg      3%

Total Carbohydrate 8g      3%

Dietary Fiber 2g      7%

Sugars 7g

Protein 1g

Vitamin A 1%      Calcium 1%

Vitamin C 5%      Iron 4%

## NUTRITION FACTS

A ½ cup of beet leaves have 8% Daily Value for calcium.

Use the glossary of nutrients on page 28 to write the definition of calcium.

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# Health Benefits of Eating Fruits and Vegetables

Fruits and vegetables are some of the healthiest and best tasting foods. They are low in sodium and calories, and most are fat free. Reach for blue, purple, green, white, yellow, orange, and red fruits and vegetables for your meals and snacks. They help your body get the vitamins, minerals, fiber, and other natural substances it needs to stay healthy.

SOURCE: *Network for a Healthy California*



## 1. Why are fruits and vegetables good for your body?

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## 2. This year, you have tasted many fruits and vegetables. Which fruit or vegetable has been your favorite and why?

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# The **March** Harvest of the Month featured vegetable is **peppers**



- There are two categories of peppers: hot and sweet.
- A ½ cup of sweet green bell peppers is a high source of vitamin C. A ½ cup of sweet red bell peppers is a high source of vitamin A.
- By weight, hot peppers contain 357% more vitamin C than an orange.



List three adjectives that describe the way peppers taste, look, or sound.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Nutrition Facts	
Serving Size: ½ cup sweet green peppers, chopped (75g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 100%	Iron 1%

## NUTRITION FACTS

A ½ cup of sweet green bell peppers is a high source of vitamin\_\_\_\_\_.

A ½ cup of sweet red bell peppers is a high source of vitamin\_\_\_\_\_.

Use the glossary of nutrients on page 28 to define vitamin A.

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# Water is the way to go

All living things must have water to survive! If your body doesn't have water, your body would stop working properly.

There is no magic number of cups of water that kids need to drink every day. Usually, kids drink something with meals and should definitely drink when they are thirsty. When it's warm out or you're exercising, you'll need to drink more.

When you drink water is also important. If you're going to practice a sport, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget a water bottle. You can't play your best when you're thirsty!

When your body doesn't have enough water, you can become dehydrated. Dehydration can keep you from being as fast and as sharp as you'd like to be. Dehydration may make you sick.

Sports drinks are not necessary for active children. By drinking enough water, your body will be able to do all of its wonderful jobs and you'll feel great!



Adapted from: [kidshealth.org](http://kidshealth.org)

**In your own words, explain why it is important to drink water, especially when you are playing sports or being physically active.**

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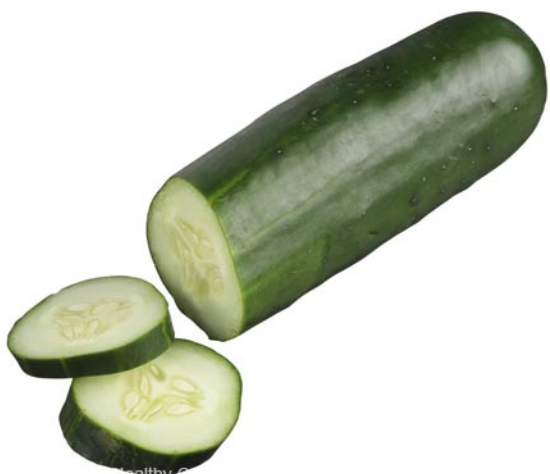
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# The **April** Harvest of the Month featured vegetable is **cucumber**



- Cucumbers are 96% water.
- The inside of a cucumber can be up to 20 degrees cooler than the outside.
- The British have a plant they call the “squirting cucumber.” This strange fruit bursts open and shoots seeds up to 60 miles per hour.

List three adjectives that describe the way cucumbers taste, sound, or feel.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Nutrition Facts

Serving Size: ½ cup cucumbers, sliced (52g)

Calories 8

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 1%

Sugars 1g

Protein 0g

Vitamin A 1% Calcium 1%

Vitamin C 3% Iron 1%

List three ways to include cucumbers in your meals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



# My Meal Plan

Use this worksheet to plan a day of meals and snacks. Your goal is to include the number of cups of fruits and vegetables during the day that are right for you. Review October's Harvest of the Month page to find out how many cups of fruits and vegetables you need for your plan. Use the list of foods on page 25 to help you.



- For each meal, you should include at least three food groups. Your meals should include:
  - a food from the dairy group or a food from the meat & beans group
  - at least one fruit or vegetable with each meal
- You can choose one or two food groups for a snack.

## Meals

## Snacks

### BREAKFAST:

- ☐ Grains \_\_\_\_\_
- ☐ Fruit \_\_\_\_\_
- ☐ Vegetable \_\_\_\_\_
- ☐ Dairy \_\_\_\_\_
- ☐ Meat & Beans \_\_\_\_\_

### MORNING SNACK: (recess)

### LUNCH:

- ☐ Grains \_\_\_\_\_
- ☐ Fruit \_\_\_\_\_
- ☐ Vegetable \_\_\_\_\_
- ☐ Dairy \_\_\_\_\_
- ☐ Meat & Beans \_\_\_\_\_

### AFTERNOON SNACK:

### DINNER:

- ☐ Grains \_\_\_\_\_
- ☐ Fruit \_\_\_\_\_
- ☐ Vegetable \_\_\_\_\_
- ☐ Dairy \_\_\_\_\_
- ☐ Meat & Beans \_\_\_\_\_

**When you are finished with your plan, circle the foods that are fruits and vegetables or have fruits and vegetables in them. Make sure you get the recommended amount for good health.**

SOURCE: Network for a Healthy California

# The **May** Harvest of the Month featured fruit is **berries**



- A ½ cup of most berries is a high source of vitamin C.
- The colonists learned from Native Americans how to gather blueberries, dry them under the summer's sun, and store them for the winter.
- Raspberries can be grown from the Arctic to the equator.

List three adjectives that describe the way berries taste, look, or smell.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%



Make a list of 4 different berries.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



# Physical Activity Scoreboard

## HOW MANY MINUTES OF PHYSICAL ACTIVITY DO I NEED EVERY DAY FOR GOOD HEALTH?

To take care of your body, you need at least 60 minutes of moderate-intensity physical activity every day.



## WHAT IS MODERATE-INTENSITY PHYSICAL ACTIVITY?

This level of physical activity gets you up and moving and makes your heart beat faster. Examples include walking fast, biking, taking the stairs, and dancing. A person who is being physically active at a moderate-intensity level should be able to carry on a conversation comfortably with their activity partner.

## SETTING MY PHYSICAL ACTIVITY GOAL

My goal is \_\_\_\_\_ minutes of moderate/vigorous physical activity every day.

What did you do today during recess? \_\_\_\_\_



**How could you increase your physical activity next week? What are some other things you can do outside of school to help meet your goal? Make a plan for physical activity below. Look on page 26 to get ideas from the MyActivity Pyramid.**

EXAMPLE	MON	TUES	WED	THURS	FRI
<b>Activity:</b> <i>Playing at recess and lunch</i>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>
<b>Minutes:</b> 45	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>
<b>Activity:</b> <i>Walking home from school</i>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>	<b>Activity:</b>
<b>Minutes:</b> 15	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>	<b>Minutes:</b>
<b>Total:</b> 60	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>	<b>Total:</b>

For important information, visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).  
For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

SOURCE: Network for a Healthy California



# The **June** Harvest of the Month featured vegetable is **corn**



- Corn is a good source of thiamin.
- Corn is grown on every continent of the world except Antarctica.
- Scientists believe people living in Central Mexico were the first to grow corn. Ears of corn have been found in caves in Mexico that date back 7,000 to 8,000 years ago.

List three adjectives to describe the way corn taste, sounds or looks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## Nutrition Facts

Serving Size: ½ cup corn (82g)	
Calories 89	Calories from Fat 9
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 3g	
Vitamin A 4%	Calcium 0%
Vitamin C 9%	Iron 2%

List three different foods that are made from corn.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_





# Rethink Your Drink

**THE AVERAGE PERSON EATS 123,421 TEASPOONS OF SUGAR EACH YEAR!**

Eating too much sugar can lead to:

- dental cavities
- weight gain and obesity, which can lead to heart disease, diabetes and some types of cancer.

Sugar can be in foods and drinks in two ways:

1. Naturally like in fruit and dairy products, which is ok!
2. Added to the food or drink. Try to avoid eating and drinking foods that have added sugar.



The best drinks to choose are water, nonfat or lowfat milk, and no more than 2 cups of 100% juice a day.

## HOW MANY TEASPOONS OF SUGAR ARE IN YOUR FAVORITE DRINK?



4 grams of sugar =  
1 teaspoon of sugar

**A student your age who is moderately active should not have more than 8 teaspoons of added sugar each day. Source: USDA Dietary Guidelines for Americans.**

Name	Grams of Sugar	Teaspoons of Sugar
12 ounce can of soda	39 grams	$\div 4 =$
16 ounce energy drink	54 grams	$\div 4 =$
20 ounce sports drink	34 grams	$\div 4 =$
8 ounce orange flavored drink	22 grams	$\div 4 =$
Water	0 grams	$\div 4 =$

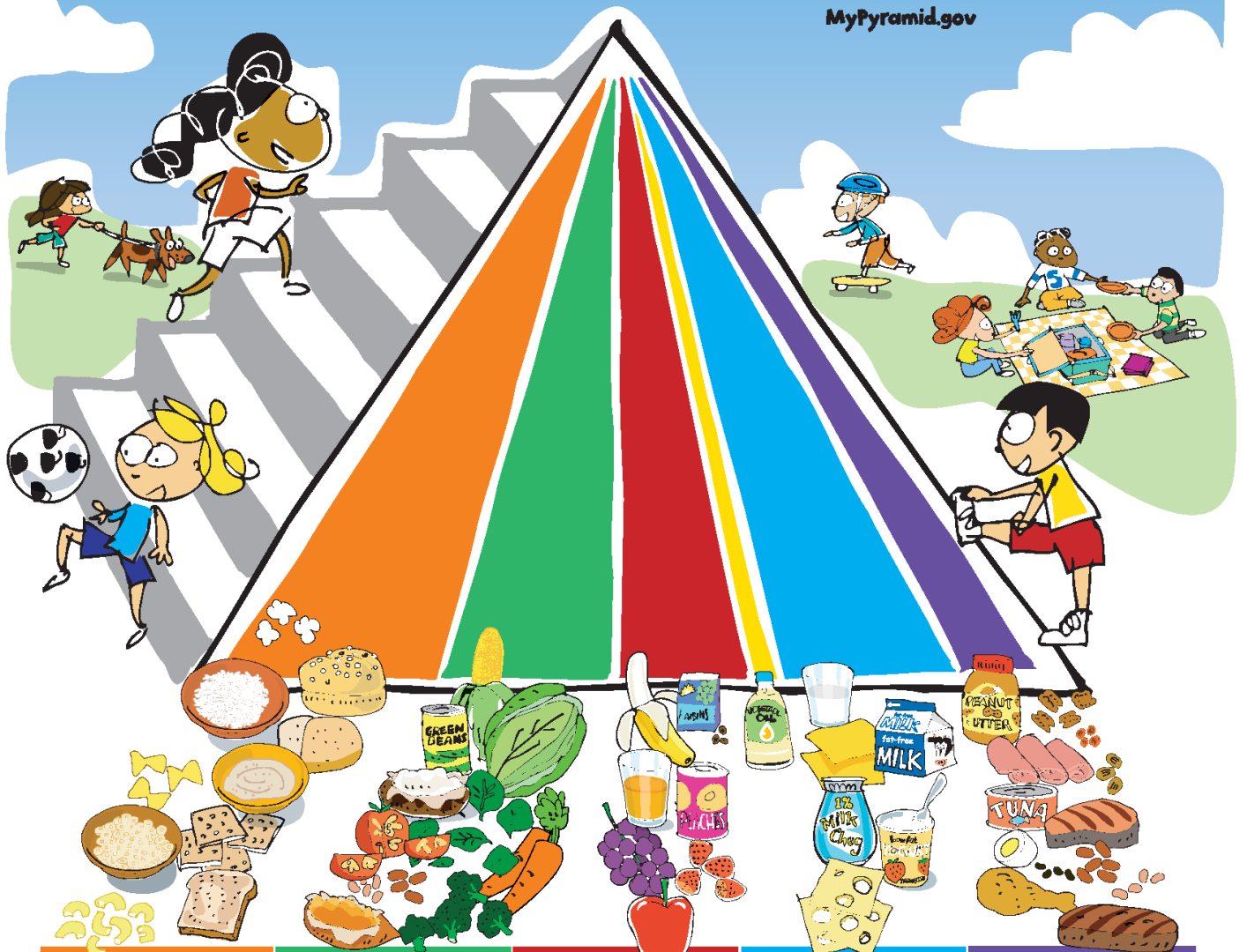


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# MyPyramid For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov



## Grains

Make half your grains whole

Start smart with breakfast. Look for whole-grain cereals.

Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").

## Vegetables

Vary your veggies

Color your plate with all kinds of great-tasting veggies.

What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.



## Fruits

Focus on fruits

Fruits are nature's treats — sweet and delicious. Go easy on juice and make sure it's 100%.

## Milk

Get your calcium-rich foods

Move to the milk group to get your calcium. Calcium builds strong bones.

Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.



## Meat & Beans

Go lean with protein

Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.

It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

**Eat 6 oz. every day;**  
at least half should be whole

**Eat 2 1/2 cups every day**

**Eat 1 1/2 cups every day**

**Get 3 cups every day;**  
for kids ages 2 to 8, it's 2 cups

**Eat 5 oz. every day**



## Oils

Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

## Find your balance between food and fun

- Move more. Aim for at least 60 minutes everyday, or most days.
- Walk, dance, bike, rollerblade — it all counts. How great is that!



## Fats and sugars — know your limits

- Get your fat facts and sugar smarts from the Nutrition Facts label.
- Limit solid fats as well as foods that contain them.
- Choose food and beverages low in added sugars and other caloric sweeteners.

# Foods Found in MyPyramid



Brown rice  
Buckwheat  
Oatmeal  
Popcorn  
Whole wheat cereal  
Ready to eat breakfast cereal  
Whole grain barley  
Whole grain cornmeal  
Whole rye  
Whole wheat bread  
Whole wheat crackers  
Whole wheat pasta  
Whole wheat tortillas  
Wild rice

Cornbread  
Corn tortillas  
Couscous  
Crackers  
Flour tortillas  
Grits  
Noodles  
Spaghetti  
Macaroni  
Pitas  
Pretzels  
Corn flakes  
White rice



Bok choy  
Broccoli  
Collard greens  
Dark green leafy lettuce  
Kale  
Mustard greens  
Lettuce  
Spinach  
Turnip greens  
Squash  
Carrots  
Pumpkin  
Sweet potatoes  
Black beans\*  
Black-eyed peas\*  
Garbanzo beans (chickpeas)\*  
Kidney beans\*  
Lentils\*  
Lima beans\*  
Pinto beans\*  
Soy beans\*  
Split peas\*  
Tofu

Corn  
Green peas\*  
Potatoes  
Artichokes  
Asparagus  
Bean sprouts  
Beets  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Green beans  
Bell peppers  
Mushrooms  
Okra  
Onions  
Zucchini  
Turnips  
Tomatoes  
Tomato juice  
Vegetable juice

\*beans and peas can also go in the meats & beans group



Apples  
Apricots  
Avocado  
Bananas  
Strawberries  
Blueberries  
Raspberries  
Cherries  
Grapefruit  
Grapes  
Kiwi fruit  
Lemons  
Limes  
Mangos  
Cantaloupe  
Honeydew  
Watermelon

Oranges  
Peaches  
Pears  
Papaya  
Pineapple  
Plums  
Prunes  
Raisins  
Tangerines  
100% orange juice  
100% apple juice  
100% grape juice  
100% grapefruit juice



Milk  
Cheddar cheese  
Mozzarella cheese  
Swiss cheese  
Parmesan cheese

Yogurt  
Cottage cheese  
Ice milk



Chicken  
Turkey  
Beef  
Eggs

Ham  
Lamb  
Pork  
Fish

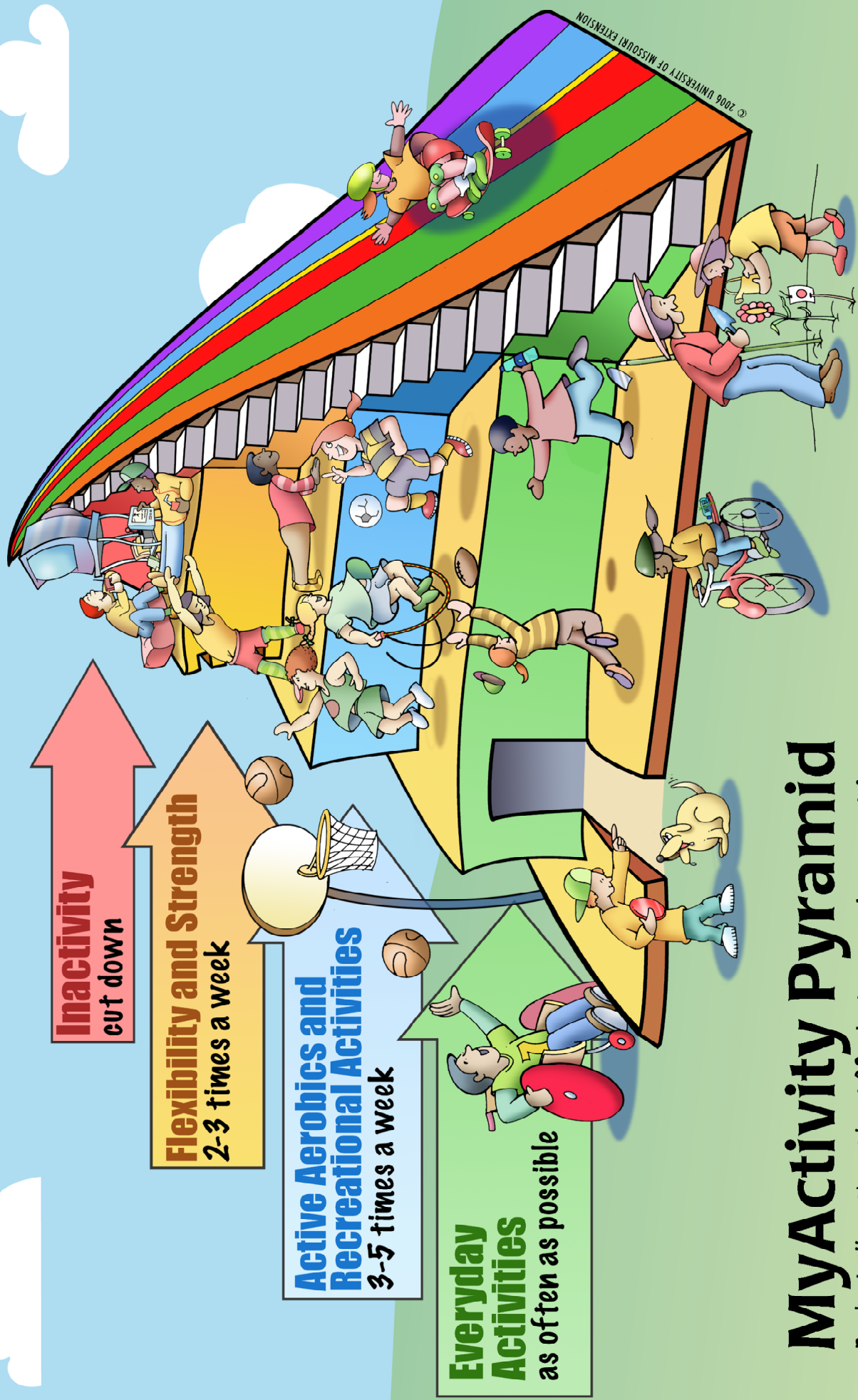
Veggie burger  
Tempeh  
Peanut Butter

Almonds  
Cashews  
Peanuts

Sunflower seeds  
Pistachios  
Sesame seeds

Pecans  
Walnuts  
Beans and peas  
(see vegetables)



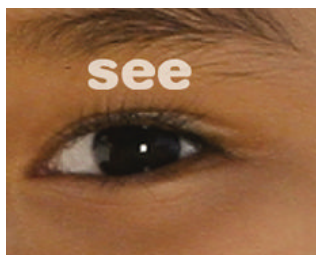


# MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days.  
Use these suggestions to help meet your goal.

# Adjectives to Describe Fruits and Vegetables Using the Five Senses

You can add your own adjectives too!



Green  
Red  
Orange  
Purple  
Yellow  
Brown  
Tan  
White  
Blue  
Light (+color)  
Dark (+color)  
Colorful  
Appealing  
Appetizing  
Shiny  
Small  
Medium  
Large  
Thick  
Thin  
Long  
Short  
Skinny  
Round



Sweet  
Sour  
Bitter  
Delicious  
Fresh  
Tangy  
Tart  
Tasteless  
Tasty  
Plain  
Mouthwatering  
Yummy  
Good  
Bad  
Refreshing

\_\_\_\_\_

\_\_\_\_\_



Crunchy  
Crisp  
Soft  
Hard  
Juicy  
Light  
Heavy  
Sticky  
Smooth  
Wet  
Firm  
Bumpy  
Dry  
Mushy  
Tough  
Rough  
Chewy

\_\_\_\_\_

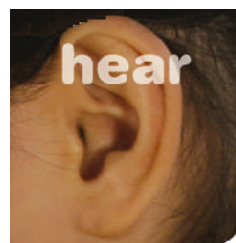
\_\_\_\_\_



Sweet  
Sour  
Bitter

\_\_\_\_\_

\_\_\_\_\_



Crunchy  
Crisp  
Juicy

\_\_\_\_\_

\_\_\_\_\_



# Glossary of Nutrients



- CALCIUM** This mineral helps build strong bones and healthy teeth.
- CARBOHYDRATE** Carbohydrates are a main nutrient found in food. Carbohydrates are the body's major source of energy.
- FAT** Fat helps a child's body grow and develop like it should. Fat gives the body energy and helps absorb some vitamins. There are different types of fat. Unsaturated fats may be good for your heart while eating trans fat or too much saturated fat may be unhealthy for your heart.
- FIBER** Fiber promotes good digestion and helps maintain a healthy heart. It also helps you feel full after a meal or snack.
- FOLATE** This B vitamin helps lower a women's risk of having a child with certain birth defects.
- IRON** This mineral helps red blood cells carry oxygen to all the parts of your body.
- MAGNESIUM** This mineral helps your body maintain a steady heartbeat and keeps your muscles and nerves working properly.
- PHYTOCHEMICALS** Phytochemicals are naturally found in plants and may help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors. Eat red, orange, green, white, and purple fruits and vegetables for better health.
- POTASSIUM** This mineral helps your body maintain a healthy blood pressure and keeps your muscles and nerves working properly.
- PROTEIN** Protein is found in many different types of food. Protein builds up, maintains, and replaces the tissues in the body. Muscles, organs, and the immune system are made up mostly of protein.
- RIBOFLAVIN** This B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain healthy red blood cells.
- THIAMIN** The B vitamin helps your body turn the food you eat into energy that your body can use. It also helps your body maintain a healthy heart, muscles, and nerves.
- VITAMIN A** This vitamin helps your body maintain healthy eyes and skin.
- VITAMIN C** This vitamin helps the body heal cuts and wounds and maintain healthy gums.
- VITAMIN E** This vitamin helps maintain healthy cells throughout your body.
- VITAMIN K** This vitamin helps certain cells in your blood act like glue and stick together at the surface of a cut.
- WATER** Water makes up more than half of your body weight. Your body cannot survive for more than a few days without it. It helps your body work right.
- ZINC** This mineral is needed for healthy growth and development. It also helps your body maintain a healthy immune system, and helps your body heal from cuts and wounds.



# Acknowledgements

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